

Promotion Strategies of Psychological Education and Pressure Resistance of College Students

Xingyu Liu

The Department of Applied Psychology and Human Development, Ontario Institute for Studies in Education (OISE), University of Toronto, Canada M5S 1V6

ABSTRACT

With the development of society and the intensification of employment competition, college students are facing more and more pressure, which makes college students easily experience psychological problems. Therefore, it is particularly important to strengthen college students' psychological education and pressure resistance. Based on the psychological state and needs of college students, combined with the characteristics of psychological health education in colleges and universities, this paper studies the promotion strategies of psychological education and pressure resistance of college students, and puts forward a series of specific measures such as building a harmonious relationship, establishing a prevention mechanism of psychological disorders, improving the psychological health education system, creating a psychological environment, and performing self-regulation, in order to promote the psychological health development of college students.

KEYWORDS

college students; psychological health education; promotion strategy

In the current social background, psychological health problems have become the focus of attention in colleges and universities. The psychological problems and psychological pressure of college students mainly come from two aspects. The first aspect is the development of the Internet. The popularization and application of the Internet has brought new challenges to the psychological health of college students while bringing convenience. Specifically, in the process of using the Internet to live and work, college students need to face a large amount of information, many of which are false, violent and contrary to mainstream values. It will cause negative value guidance for college students. At the same time, the anonymity of the Internet and the freedom of information exchange will make college students face social pressure and identity problems. The second aspect is the fierce social competition. With the development of economy and society, the competition is increasingly fierce, so college students are facing great pressure in job hunting, further education, socializing and other aspects. When they can not properly deal with these pressures, they often will experience psychological problems, such as anxiety, depression, low self-esteem, etc., and even exhibit extreme behavior. As an important part of college education, the psychological education of college students is an important way to understand the psychological state of college students and guarantee their psychological health. Therefore, this paper discusses the promotion strategies of psychological education and pressure resistance of college students.

1 Define the Orientation of Teachers and Students and Build a Harmonious

Relationship

College students are in a relatively complex interpersonal field, and it is necessary to build a harmonious interpersonal relationship to help them better adapt to college life and cope with the pressure and psychological problems they may face. First of all, teachers should clarify their role positioning, take the initiative to provide psychological health knowledge and guide the psychological development of students, and pay attention to the psychological dynamics of students in time to provide support for students. Secondly, teachers need to emphasize the subject status of students in psychological education, encourage them to actively participate in psychological education activities and freely express their needs and opinions, and actively interact and communicate with students to form a good teacher-student relationship^[1]. Thirdly, college students should also respect, understand and support each other to form a peer psychological cooperation relationship. For example, students can use Wechat, Weibo and other network social platforms to share their own news, communicate with classmates and friends, and provide guidance and help for students with poor psychological state, so as to jointly create a psychological health atmosphere of mutual encouragement, supervision and guidance^[2]. Finally, college students should actively integrate into the society, establish contact with social members and groups, such as participating in volunteer activities, community services, etc., and enhance social responsibility and self-worth through practical activities, so as to reduce psychological pressure and maintain a positive attitude.

2 Regularly Conduct Psychological Assessments and Establish a Preventive Mechanism

The psychological assessment is the most direct way to understand the psychological state of college students. Therefore, colleges and universities need to observe and understand the psychological dynamics of college students through a regular psychological assessment, and carry out adaptive intervention through the establishment of psychological disease prevention mechanism. First of all, colleges and universities can invite psychological experts to design questionnaires related to psychological problems of college students, use class meetings, league activities and other collective activities for students to fill in the questionnaires, and carry out psychological assessments of college students on a monthly or semester cycle. Colleges and universities can use information technology to build a network psychological assessment system, so that students can conduct self evaluation through the network platform, and can invite professional psychological experts and data analysts to use data models to analyze the results of psychological tests, so as to understand the sources and causes of students' psychological pressure and problems, and formulate corresponding solutions and implement them into specific works. Secondly, colleges and universities need to establish the prevention mechanism of psychological diseases, including the early warning system of psychological crisis and the intervention plan of psychological crisis, so as to intervene in time when the psychological problems of students are found, so as to avoid the further development of psychological pressure. Finally, colleges and universities can establish psychological health files to track and record students' psychological conditions for a long time, and analyze students' personality characteristics and influencing factors of psychological changes through the changes of students' psychology, so as to provide powerful data support for psychological assessments and psychological prevention.

3 Strengthen Psychological Education and Improve the Education System

Strengthening psychological education and improving the psychological health education system are the key to improve the pressure resistance and psychological resilience of college students. Therefore, first of all, colleges and universities should pay attention to the psychological problems of college students, set up special psychological health courses, and incorporate the courses into the daily teaching tasks as a teaching plan. Psychological health courses can include basic knowledge of psychology, methods of psychological health maintenance, common psychological problems, stress management and emotional regulations, etc., in order to help college students understand psychological mental state and master strategies to cope with psychological problems. In the selection of psychological education contents, colleges and universities can focus on social hot issues and common psychological troubles of college students, such as information anxiety and virtual social interaction, and design thematic content of psychological education to improve the richness and practicability of psychological education courses^[4]. It is worth noting that the main purpose of psychological health courses is to improve students' understanding and solving ability of psychological problems, so the teaching design and arrangement of psychological health courses can not be exam-oriented, but should be centered on student development. In addition, psychological counseling and services are also very important. Colleges and universities should set up special psychological counseling and service institutions, such as psychological counseling rooms, psychological activity centers, etc., and invite professional psychological counselors and psychological experts to serve as staff to provide students with individual counseling, psychological counseling, psychological intervention and other services, in order to help students maintain a positive psychological state. Secondly, family and society are also important subjects of the psychological education system. At the social level, community workers and psychological health research institutions can popularize college students' psychological health problems to the public by carrying out psychological health publicity activities and holding psychological lectures, so as to increase social attention to college students' psychological problems, and use more social resources to provide support for college students' psychological education. At the family level, parents should pay attention to students' study and life in colleges and universities, actively understand students' various performance in school through online platforms, counselors and students themselves, provide students with emotional value through verbal praise, material rewards and other ways, and cooperate with the development and implementation of psychological education in colleges and universities.

4 Build Campus Culture and Create Psychological Environment

The campus environment in which college students live and study has a subtle impact on students' mental health. For example, the competitive and enterprising campus culture will give rise to students' sense of competition and enterprising spirit, and encourage them to engage in self-learning and self-improvement, but it will cause students to feel the competitive pressure. Therefore, the improvement of psychological education and pressure resistance of college students requires the construction of a harmonious campus cultural environment. Colleges and universities can start from the following aspects. The first is the material and cultural construction. Colleges and universities should add green landscapes, introduce folk culture or design cultural corridors in the campus environment construction to increase the ornamental and artistic nature of campus environment, and alleviate the tense competitive atmosphere of students. The second is the institutional culture construction. Under the premise of ensuring network coverage and network speed, colleges and universities should establish network information supervision and feedback

mechanisms, set up a special network information security management department, formulate campus network management systems, specify the network information management objectives, processes, methods, etc., and exercise the supervision and management of campus network environment, so as to provide institutional and organizational guarantee for the construction of a healthy, harmonious and green network environment. For example, colleges and universities can supervise the online behavior of students in the campus and urge them to surf the Internet healthily. Colleges and universities can screen and review the authenticity and legitimacy of the information on the network platform to ensure the correctness and enthusiasm of the network information that students are exposed to, and reasonably avoid the possible psychological impact of negative information on students. Colleges and universities can collect students' feelings and needs on the network information environment, find and solve their problems in time, and provide them with a safer, more healthy and positive network information environment. The third is the spiritual and cultural construction. Colleges and universities can make use of their own resources and talent advantages to organize various forms of cultural and sports activities, such as art festivals, sports meetings, etc., so as to help students achieve the psychological relief and alleviate their study and employment pressure in addition to the intense study schedule. At the same time, teamwork and honor performance in literary and artistic activities can increase students' confidence and help them better understand themselves.

5 Learn Psychological Knowledge and Engage in Self-regulation

The age characteristics, knowledge structure and social experience of college students determine that they are susceptible to the influence of various factors such as society, family and friends at this stage, which results in psychological fluctuations and further develops into psychological problems^[5]. Therefore, it is very important to accumulate college students' psychological knowledge reserve and help them master the ability of self-regulation and self-control for their psychological health growth. First of all, college students should make it clear that their main task as students is to study, maintain a focused learning attitude and the spirit of inquiry, and constantly learn and enrich themselves, so as to gradually achieve the psychological growth. Secondly, students should actively participate in the psychological education activities organized by colleges and universities, increase the understanding of psychological knowledge and the awareness of psychological problems, so as to view their psychological changes more rationally, cope with and solve their own pressure and psychological problems with a more positive attitude, and then improve their pressure resistance and psychological adaptability. Finally, students should master certain anti-pressure and adjustment skills. For example, college students can use the exercise regulation method. When encountering pressure and problems, college students can promote the secretion of dopamine in the body through running, playing badminton, playing basketball and other sports, and transfer their attention for a short time. It can not only effectively relieve psychological pressure, but also improve students' physical quality. Besides, college students can use the reasonable catharsis. Emotions can not be blindly repressed, and need to be vented through a reasonable way, so college students can choose to tell their friends, family members about their recent troubles and pressure, and also can write a diary, shout and use other ways to self-sort, so that students can find a suitable outlet for psychological pressure.

6 Conclusion

College students are the future talents to promote social development, so their psychological health development can not be ignored. In this regard, it is necessary to strengthen the

psychological education of college students, and improve their pressure resistance. However, college students' psychological health education cannot be achieved overnight, which requires the joint efforts of universities, society, families and students themselves. The construction of harmonious interpersonal relationship, the establishment of psychological disease prevention mechanism, the improvement of psychological education system, the construction of positive social psychological environment and the self-regulation of students can provide more complete conditions for psychological education, so as to guarantee the high quality of psychological education, and then realize the overall improvement of psychological quality of college students.

About the Author

Xingyu Liu, Postgraduate Student.

Reference

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